

Maryland WIC  
Guide for a

# healthy new mom

Maryland WIC

Better Nutrition Brighter Future

1-800-242-4942 | [www.mdwic.org](http://www.mdwic.org)



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## My To Do List

- Make my 6 week checkup appointment
- Make my baby's next checkup appointment
- Write down questions for my doctors
- Ask my doctor about folic acid
- Sign up for Text 4 Baby™

## New Moms and WIC

**Congratulations on your new baby!** This is an exciting time as you get to know your little one. There is much to learn about taking care of yourself and your infant. Most new moms have many questions. Your doctor and your baby's pediatrician are your most important sources for your health concerns. You'll get answers to your questions that are just right for you.

**WIC can support your new family in so many ways.** When you pick up your WIC checks, you may go to group sessions or work with WIC staff one-on-one. At these visits, you get health tips, share ideas, ask questions, and get information for taking care of yourself and your baby.

### What kind of information will I get?

- Breastfeeding support to help you feed your baby
- Learning ways to keep your baby safe
- Working on ideas for how to get the most with your WIC checks
- Focusing on how to make smart food choices
- Connecting with health care providers, dentists, and other services

This guide has tips to keep you and your baby healthy. Let us know how we can help you.

Many women tell WIC that writing down their questions before each doctor's visit helped them to **remember important things.**





## Healthy Mom, Healthy Baby

**Take care of YOU.** Babies need healthy, happy moms. There will be many appointments for your baby. Usually, a new mom needs just one, but it is an important one. As busy as you are, be sure to make an appointment with your doctor for 6 weeks after your baby is born. Being pregnant was hard work. This is your chance to check your recovery. You can learn ways to stay healthy, and find out when you will need your next check up.

**Pay attention to your moods.** Most new moms get the blues. They cry, feel sad, and have mood swings. The blues can last up to 2 weeks. If the feelings get worse, or last longer than 2 weeks, you could have postpartum depression. Postpartum depression is a medical condition that can be treated and cured.

*Have you had any of these symptoms for more than 2 weeks?*

- Feeling very sad or cranky
- Crying all the time
- Not eating or can't stop eating
- Not sleeping or wanting to sleep all the time
- Not wanting to take care of yourself
- Not enjoying life
- Not caring about your baby
- Feeling that you could hurt yourself or your baby
- Being afraid to be alone with your baby
- Worrying too much about your baby

Untreated depression is hard on you, your baby,  
and your family. The sooner you start treatment,  
the faster you get better.

**Talk to your doctor or call 1-800-944-4PPD to get help.**

**Adjusting to a new baby is not easy.** Babies need a lot of attention. Sometimes moms forget that they need health care, too. One of the most important things you can do for your baby is make sure you both get the health care you need.



**Stay up to date with shots.** Shots keep you and your baby safe from diseases like measles, polio, pertussis (whooping cough), flu, and tetanus.

- Your baby will have most shots by 2 years old. Some shots are after that. Ask your doctor what you and your child need.
- Shots work best when you get them on time. The doctor will say when to get them.
- It is easy to forget which shots you and your child have gotten. Keeping a shot record for you and your child helps everyone remember. When your child is due for shots, take the record to the doctor. Take the record to WIC when they ask you to do so.

Protect your new baby. Have family and friends  
get **flu and pertussis shots** at least two weeks  
before they meet your baby. Dad, too!

**Know your HIV status.** You can get a free HIV test at any Maryland health department. Call **1-800-358-9001** to find out more.

**Keep your teeth healthy.** The health of your mouth can affect you and your baby.

**Brush** your teeth at least **2** times a day, especially before bed.

**Floss** your teeth once a day.

Get a **dental checkup** every **6** months.

**Drink water**, not sugar sweetened drinks.

**Eat** fruits and vegetables.

Get more information.

Locate free or low cost dental care near you:

[www.healthyteethhealthykids.org](http://www.healthyteethhealthykids.org)

or: [phpa.dhmd.maryland.gov/oralhealth](http://phpa.dhmd.maryland.gov/oralhealth)

**Nap when your baby naps.** If you can't sleep, lie down and rest. Remember to follow the ABCs of safe sleep for your baby.



Place your baby



Alone

on his



Back

in a



Crib

without blankets, pillows, fluffy toys, crib bumpers, or stuffed cushions in a smoke free room.

**Take time to decide if another child is right for you.** Let's say you decide that you do want another child. Doctors say you should wait until your baby is at least 18 months old before trying to get pregnant again.

Babies that are born too close together are at risk for:

- Being born too early
- Low birth weight
- Learning or growth delays
- Other problems

Talk to your doctor about which birth control method might be right for you. Be sure to ask about folic acid too.

To find a local family planning clinic near you, go to

<http://1.usa.gov/YV4LeD>

and enter your zip code.

**Make time for yourself.** Everybody wants to help with the new baby. Let them. Let family and friends shop, cook, clean and change diapers. Talk to someone. Enjoy your new baby, but take care of you, too!

Take **5**

**Try this stress reliever.**

Sit in a comfortable chair.

Rest your hands on your stomach.

Slowly breathe in through your nose for a count of 5.

Hold for 1 second.

Slowly breathe out through your mouth for a count of 5.

Repeat 5 to 10 times.



Give yourself **time to recover** from your pregnancy!

# Why is Folic Acid Important?

## Whether you plan to have another baby or not, you might.

Half of all pregnancies are not planned. Get folic acid every day—before you get pregnant again.

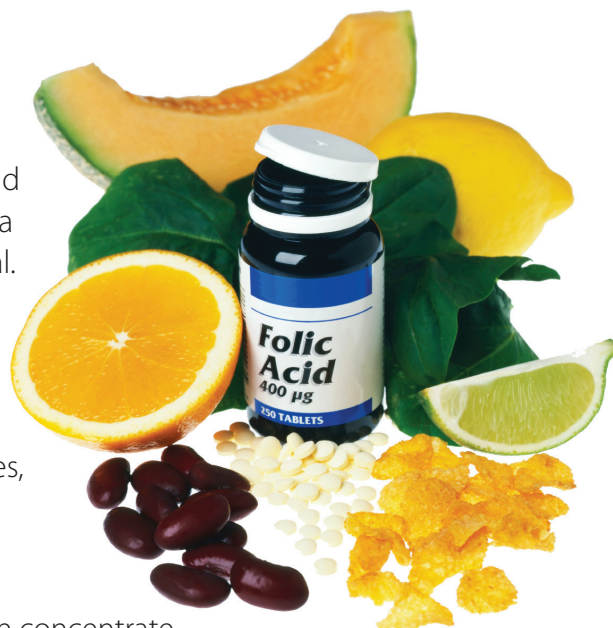
**Folic acid is a vitamin.** It helps prevent birth defects in a baby's brain and spine. However, it only works if you take it **before you get pregnant**. These birth defects happen during the first 28 days of pregnancy—before most women even know they are pregnant. If you can get pregnant, be ready.

Most women need 400 micrograms (mcg) every day. To get this much, **take a vitamin pill or eat fortified cereal.** Talk with your doctor about the best way to get folic acid.

**Foods with folic acid are good for you too.** They give you other vitamins, minerals, and fiber. Eat them even if you take a vitamin pill or eat fortified cereal.

These foods provide the most folic acid:

- Enriched or fortified bread, cereal, pasta, macaroni, noodles, and rice
- Dark green leafy vegetables
- Orange juice made from frozen concentrate
- Lentils, black-eyed peas, and beans like kidney, black, and great northern
- Nuts, peanuts, and seeds



**Check the label.** Nutrition and supplement labels carry information that will help you to make the best choices.

Fortified cereal should give you 100% of the Daily Value for folic acid. This means it has 400 mcg of folic acid.

Your vitamin pill should have 400 mcg of folate.

## Nutrition Facts

Serving Size 1 Cup (31g)  
Servings Per Container About 11

Amount Per Serving	Cereal	With ½ cup skim milk
<b>Calories</b>	120	160
Calories from Fat	0	0
	<b>% Daily</b>	<b>Value**</b>
<b>Total Fat</b> 0.5g*	<b>1%</b>	<b>1%</b>
Saturated Fat 0g	<b>0%</b>	<b>0%</b>
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monosaturated Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>0%</b>
<b>Sodium</b> 220mg	<b>9%</b>	<b>12%</b>
<b>Potassium</b> 20mg	<b>1%</b>	<b>6%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>	<b>0%</b>
Sugars 4g		
<b>Protein</b> 6g		
Vitamin A	15%	20%
Vitamin C	35%	35%
Calcium	0%	15%
Iron	45%	45%
Vitamin E	35%	35%
Thiamin	35%	40%
Riboflavin	35%	45%
Niacin	35%	35%
Vitamin B6	100%	100%
<b>Folic Acid</b>	<b>100%</b>	<b>100%</b>
Vitamin B12	100%	110%
Selenium	10%	10%

## Supplement Facts

Serving Size 1 Tablet

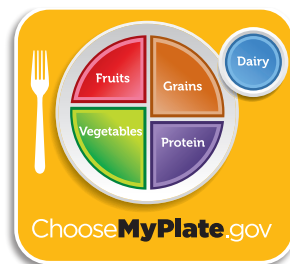
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as di-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin (niacinamide)	20 mg	100%
Vitamin B6 (as pyridexine hydrochloride)	30 mg	100%
<b>Folate (as folic acid)</b>	<b>400 mg</b>	<b>100%</b>
Vitamin B12 (as cynaocobalamin)	6 mcg	100%
Biotin	30 mcg	10%
Pantothenic Acid (as calcium pantothenate)	10 mg	

**Get folic acid every day**  
—before you get pregnant again



# Your Body Heals Best When You Eat Well

**Eating regular meals helps you heal faster and have more energy.** Each of the 5 food groups offers different things you need. Try to eat from each of these food groups every day. It's okay if you eat more than one serving of a food at some meals and none at another meal.



## GRAINS — at least 7 servings

- 1 slice bread or 6-inch tortilla
- 1/2 bagel or whole wheat bun
- 1/2 cup cooked cereal, rice, or noodles
- 1 cup cold cereal

At least half the grains you eat should be whole grains, like oatmeal, brown rice, or corn or whole wheat tortillas, or bread. They help you reduce constipation and manage your weight.

## VEGETABLES — at least 5 servings

- 1/2 cup raw or cooked vegetables
- 1/2 cup vegetable or tomato soup
- 4 ounces vegetable or tomato juice
- 1 cup fresh salad greens

Eat many kinds and colors. Dark green or orange vegetables are rich in vitamin A. Enjoy them every day to keep your eyes and skin healthy and protect against infections.

## FRUITS — at least 4 servings

- 1/2 cup fruit
- 1 apple, orange, or peach
- 4 ounces 100% fruit juice

Have a vitamin C fruit every day like oranges, berries, melons and WIC juices. Vitamin C helps you absorb more iron from other foods.

## PROTEIN — at least 6 servings

- 1/4 cup meat, chicken, turkey, or fish
- 1 egg
- 1/4 cup beans or tofu
- 1 tablespoon peanut butter
- 2 tablespoons nuts

Meat, chicken, turkey, fish, and beans give you lots of iron to keep your blood strong. Beans and lentils are very low in fat.

## DAIRY — at least 3 servings

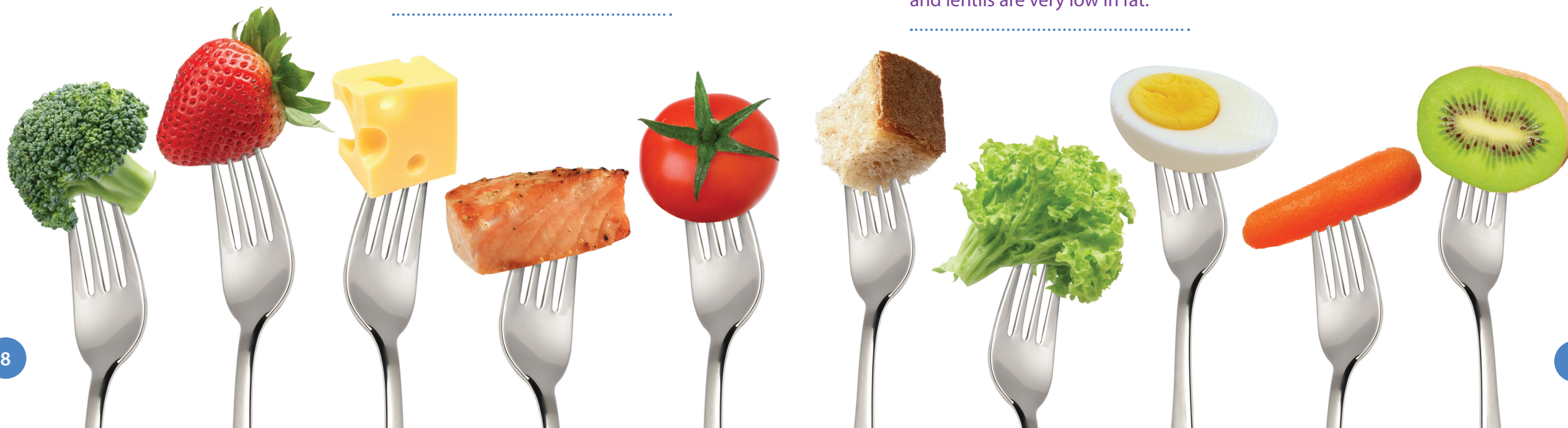
- 8 ounces nonfat or 1% milk
- 1 cup lowfat yogurt
- 1-2 slices lowfat cheese

Dairy foods offer calcium and potassium to build strong bones and teeth and lower blood pressure.

If it is hard to drink milk, get ideas from WIC.

## FATS, OILS, & SWEETS

Add a little healthy fat like olive or canola oil, avocados, nuts, and seeds. They keep your cholesterol low. But they are high in calories. Just 5 or 6 teaspoons a day is enough.



# Quick and Easy Healthy Meals

**In the beginning, try mini meals.** When you're feeding a new baby every two or three hours, night and day, there is little time for cooking. So try mini meals to meet your needs for food, rest, and loving your baby. Just snack on healthy, easy to eat foods from all the food groups.

Below are simple suggestions for easy to fix and eat foods. Pick your favorite combinations from the groups below. You'll probably come up with ideas of your own, too.

GRAINS	DAIRY & PROTEIN	FRUITS	VEGETABLES
Bagel	Lowfat cheese	Apple	Broccoli
Brown rice	Cottage cheese	Banana	Carrots
Cold cereal	Lowfat yogurt	Grapes	Celery
Crackers	Lowfat milk	Orange	Bell peppers
English muffin	Canned salmon	Peach	Spinach
Graham crackers	Light tuna	Pineapple	Tomatoes
Whole wheat bun	Sardines	Raisins	Tomato soup
Noodles	Canned beans	Strawberries	Vegetable soup
Noodle soup	Cooked chicken	Fruit juice	Salsa
Oatmeal or grits	Hard boiled egg	Plum	Salad greens
Pita bread	Hummus	Pear	Frozen vegetables
Raisin bread	Hamburger	Mango	Canned vegetables
Roll	Nuts (like walnuts)	Papaya	Lettuce
Whole wheat bread	Peanut butter	Dates	Yellow squash
Corn or whole wheat tortilla	Sunflower seeds	Avocado	Zucchini

**As your baby gets older, get back to breakfast, lunch, dinner and healthy snacks.** Soon you will get used to life with your baby. Your meals can get into a more regular pattern. They can still be simple and healthy. Here is an example.

*When you eat well, your children eat well.*

## BREAKFAST

Scrambled egg + lowfat cheese  
+ salsa + whole wheat tortilla  
Peach  
100% fruit juice

## AFTERNOON SNACK

Lowfat milk  
Whole wheat crackers  
Peanut butter

## LUNCH

Turkey + sliced avocado  
+ whole wheat bread  
Carrot sticks  
Apple  
Lowfat milk  
Oatmeal raisin cookie

## DINNER

Spaghetti + meat sauce  
Mixed green salad +  
quartered tomato  
Whole wheat bread  
Lowfat milk

You can get most  
of these foods  
with your  
WIC checks.



**Get good food on the go.** Your life is really busy. Be smart about fast foods. Look for these healthy choices when you need a quick meal.



**Make fast foods at home.** It's amazing how many uses there are for a bag of frozen mixed vegetables.

**Make a stir fry**

- 1 Cook and drain the vegetables
- 2 Add cooked chicken or meat
- 3 Serve over cooked brown rice

**Use your leftovers**

- 1 Cook and drain the vegetables
- 2 Add cooked macaroni and cooked beans or meat
- 3 Toss with your favorite salad dressing

**Make a pot of soup**

- 1 Cook the vegetables
- 2 Add chopped tomatoes, rinsed canned beans, water, and your favorite seasonings

Being active will help you look and feel good

tone your muscles

Start with a 5 or 10 minute walk

work off your pregnancy weight

take it easy at first

have more energy and feel less tired

reduce stress

Talk to Your Doctor





## Keep You and Your Baby Safe

**You and your child can get hurt from tobacco, alcohol, and other drugs.** If you get pregnant again, your baby could be born too small or too sick to live.

### Stay away from tobacco.

Tobacco smoke can:

- Make your child have more colds and ear infections
- Lead to asthma or make it worse
- Lead to cancer, heart disease, or stroke

Set a **“No Smoking”** rule: **no one** can smoke around your child.

### Avoid alcohol and other drugs.

Alcohol and drugs can ruin your body and mind. You might forget to take care of your baby.

Never leave your child with people who **drink too much** or **use drugs.**

Other medicines are drugs too.

Avoid misuse of medicines. Be sure to follow directions.

### Get help to quit.

Talk with your doctor.

Call the Maryland Tobacco Quit Line at **1-800-QUIT NOW.**

Call the Substance Abuse and Mental Health Services Administration Helpline at **1-800-662-HELP.**

### These illegal drugs can hurt you and your baby:

- ⊗ Speed, Methamphetamines, or Crystal Meth
- ⊗ Crack/Cocaine ⊗ Marijuana or Weed ⊗ Opiates
- ⊗ Heroin or Dope ⊗ PCP or Angel Dust
- ⊗ LSD or Acid ⊗ Ecstasy or Molly ⊗ Mushrooms

## Keep You and Your Children Healthy –Breastfeed

### Did you know?

#### Babies who are not breastfed may:

- Have more diarrhea and constipation
- Have more allergies
- Get sick more often
- Have a greater risk of crib death (SIDS)

#### Moms who do not breastfeed may:

- Spend more money on food for baby
- Take longer to get back into shape
- Be more likely to get certain cancers

#### Babies who drink mother’s milk love it and it comforts them!

It is easy to digest and is always ready to feed.

#### Moms of all ages can breastfeed.

Moms who have small or large breasts, or have C-sections can nurse.

Moms can nurse if they go back to work or school.

**Just because you didn’t breastfeed this time, doesn’t mean you can’t do it the next time.** If you tried breastfeeding but stopped, try it again if you have another baby. It is different with each baby. If something did not go right, ask for help next time. Often moms are doing fine but no one lets them know.

Even if you are not breastfeeding now, **plan to breastfeed** if you have another baby.



# 8 Tips for Breastfeeding

**It is great that you are breastfeeding.** Breastfeeding gives your baby the best start and is good for you, too.

## 1 Breastfeeding is natural but it may take time and practice.

You and your baby are learning in the first 3 weeks. It gets easier after that.

## 2 Get your rest.

You will have more energy for your baby.

## 3 Drink water when you are thirsty.

Sip while you nurse your baby.

## 4 Eat 3 meals and at least 1 snack each day.

Some snack ideas are lowfat cheese and crackers, lowfat yogurt, fruit, cereal, nuts and raisins, or a sandwich.



## 5 If you don't drink milk, talk to WIC.

You can get some calcium from other foods like lowfat cheese, lowfat yogurt, and orange juice with calcium, other foods fortified with calcium, tofu (made with calcium), kale and collard greens.

## 6 Take 150 mcg iodine supplement each day.

## 7 Go to a breastfeeding support group where you can talk with other moms.

## 8 Call WIC or the lactation consultant at the hospital if you have questions.

## Congratulations!

**You did it! Stay healthy for you and your family.**

- Get folic acid every day
- If you have a health problem, get it under control
- Get up to date on your shots
- Eat right and stay active
- Don't drink, smoke, or use drugs. Call **1-800-662-4357** for help with substance abuse.
- For information on preparing for a healthy pregnancy see **[www.marchofdimes.com](http://www.marchofdimes.com)**
- To find a local family planning clinic near you, go to **<http://1.usa.gov/YV4LeD>** and enter your zip code
- Sign up for Text 4 Baby™ Text Baby (Bebe for Spanish) to 511411 for weekly updates

## My WIC To Do List

- Bring my WIC ID folder to every clinic visit
- Take my WIC folder to the grocery store
- Ask for breastfeeding help
- Ask WIC about my feeding questions
- Stay with WIC until my child turns 5